

INCREASING MISERY

Paris Kidney Sufferers Get Little Rest or Comfort

There is little sleep, little rest, little peace for many a sufferer from kidney trouble. Life is one continual round of pain. You can't rest at night when there's kidney backache. You suffer twinges and "stabs" of pain, annoying urinary disorders, weakness and nervousness. You can't be comfortable at work with darting pains and blinding dizzy spells. Neglect these ailments and serious troubles may follow. Begin using Doan's Kidney Pills at the first sign of disorder. Thousands have testified to their merit.

Proof of merit in Paris testimony: Phillip M. Heller, proprietor meat market, 722 Main street, says: "I have used Doan's Kidney Pills a few times in the past and have been greatly benefited. At times my back was weak and lame and the kidney secretions passed too freely, making me get up often at night. I have used a box of Doan's Kidney Pills at these times and they have always rid me of the complaint. I think they are a splendid medicine and gladly recommend them."

Price 60c, at all dealers. Don't simply ask for a kidney remedy—get Doan's Kidney Pills—the same that Mr. Heller had. Foster-Milburn Co., Mfrs., Buffalo, N. Y. (adv)

Averages often are consoling. For instance, it is rather pleasant to learn from the Bureau of Vital Statistics that on the average, in spite of war, disease and the fateful auto, we are living longer and more at a time than we used to.

Also it is worth remembering that if they had been as smart as modern Socialists believe themselves to be, Rogulus and Remus could have built Rome in a day.

Professional Cards.

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1919

Wilmoth & Co.

Extend to all their patrons and friends

NEW YEAR'S
GREETINGS

A cordial invitation is extended to the general public for a share of its business during 1919.

WILMOTH

Grocery Co.
Phone 3761After Xmas
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All new goods at bargain prices. Also, a clean-up on ladies' and Misses' Suits, coats, Shoes, Dresses, Skirts, etc.

Twin Bros.

Department Store

Main and 7th Paris, Ky.

U. S. HEALTH SERVICE
ISSUES WARNING

Increase in All Respiratory Diseases After the Influenza Epidemic Probable.

Influenza Expected to Lurk for Months. How to Guard Against Pneumonia. Common Colds Highly Catching—Importance of Suitable Clothing—Could Save 100,000 Lives.

Washington, D. C.—With the subside of the epidemic of influenza the attention of health officers is directed to pneumonia, bronchitis and other diseases of the respiratory system which regularly cause a large number of deaths, especially during the winter season. According to Rupert Blue, Surgeon General of the United States Public Health Service, these diseases will be especially prevalent this winter unless the people are particularly careful to obey health instructions.

"The present epidemic," said Surgeon General Blue, "has taught by bitter experience how readily a condition beginning apparently as a slight cold may go on to pneumonia and death. Although the worst of the epidemic is over, there will continue to be a large number of scattered cases, many of them mild and unrecognized, which will be danger spots to be guarded against." The Surgeon General likened the present situation to that after a great fire, saying, "No fire chief who understands his business stops playing the hose on the charred debris as soon as the flames and visible fire have disappeared. On the contrary, he continues the water for hours and even days, for he knows that there is danger of the fire rekindling from smoldering embers."

"Then you fear another outbreak of influenza?" he was asked. "Not necessarily another large epidemic," said the Surgeon General, "but unless the people learn to realize the seriousness of the danger they will be compelled to pay a heavy death toll from pneumonia and other respiratory diseases."

Common Colds Highly Catching. "It is encouraging to observe that people are beginning to learn that ordinary coughs and colds are highly catching and are spread from person to person by means of droplets of germ laden mucus. Such droplets are sprayed into the air when careless or ignorant people cough or sneeze without covering their mouth and nose. It is also good to know that people have learned something about the value of fresh air. In summer, when people are largely out of doors, the respiratory diseases (coughs, colds, pneumonia, etc.) are infrequent; in the fall, as people begin to remain indoors, the respiratory diseases increase; in the winter, when people are prone to stay in badly ventilated, overheated rooms, the respiratory diseases become very prevalent."

Suitable Clothing Important. "Still another factor in the production of colds, pneumonia and other respiratory diseases is carelessness or ignorance of the people regarding suitable clothing during the seasons when the weather suddenly changes, sitting in warm rooms too heavily dressed or, what is even more common, especially among women, dressing so lightly that windows are kept closed in order to be comfortably warm. This is a very injurious practice."

Could Save 100,000 Lives. "I believe we could easily save one hundred thousand lives annually in the United States if all the people would adopt the system of fresh air living followed, for example, in tuberculosis sanatoria. There is nothing mysterious about it—no specific medicine, no vaccine. The important thing is right living, good food and plenty of fresh air."

Droplet Infection Explained in Pictures.

"The Bureau of Public Health, Treasury Department, has just issued a striking poster drawn by Berryman, the well-known Washington cartoonist. The poster exemplifies the modern method of health education. A few years ago, under similar circumstances, the health authorities would have issued an official dry but scientifically accurate bulletin teaching the role of droplet infection in the spread of respiratory diseases. The only ones who would have understood the bulletin would have been those who already knew all about the subject. The man in the street, the plain citizen and the many millions who toil for their living would have had no time and no desire to wade through the technical phraseology."

USE THE HANDBOOK AND DO YOUR BIT TO PROTECT ME!



COLD, INFLUENZA, PNEUMONIA, AND TUBERCULOSIS ARE SPREAD THIS WAY

Copies of this poster can be obtained free of charge by writing to the Surgeon General, U. S. Public Health Service, Washington, D. C.

AN APPRECIATION OF DENNIS V. SNAPP.

[By Will A. Hill, Paris, Kentucky.]

Dennis Vincent Snapp, Paris, Ky., whose work and interest in religious matters, especially in the cause of the Epworth League of his city, District and State, has made him one of the best known and most universally popular young men in the Methodist Church, of Kentucky Methodism, first saw the light of day near the historic Blue Lick Springs, Nicholas County, a locality that has enriched Kentucky history in many ways. His natal day was Saturday, May 9, 1894. His mother, Mrs. Alice Elizabeth Snapp, (nee Hollar, daughter of the Rev. E. S. Hollar, of Nicholas County, Kentucky,) was left a widow with six children: Elbridge Lee, aged eleven; Sherman Robert, aged nine; Dennis Vincent, aged seven; three daughters, Gladys, aged four; Edna Dee, aged two, and Elizabeth, only a few months old.

In 1903, Mrs. Snapp, with her six children moved to Paris, Bourbon County, Ky., where she bravely reared her large family under the most trying circumstances, her only means of livelihood being dressmaking. It became a matter of necessity for the boys to secure work while obtaining their education.

Dennis V. Snapp, the subject of this sketch, secured a position, as "printer's devil," with the Paris Kentuckian-Citizen, the oldest newspaper in Kentucky, and while working there attended the Paris Public School, graduating from the Grammar School Department in 1911. He entered the Paris High School, where he took a three years' course, and is at present studying law under the direction of the American Extension University.

In September, 1908, on "Decision Day," at the Paris Methodist Church Sunday School, Dennis Snapp united with the Methodist Episcopal Church, South, and was formally baptized and received as a member of this denomination on October 18, 1908. From this time on he displayed a marked interest in the religious field of activity.

In June, 1911, at the age of sixteen, he was elected President of the Paris Epworth League, Chapter No. 485, being the youngest presiding officer ever elected by this society. There were only about twenty active members of this organization at that time, but under his capable leadership the Chapter immediately took on new life, and its influence was felt not only in the Methodist Church, but the energy and enthusiasm which it created, quickened the interest of the other young peoples' organizations of the city.

On July 17, 1913, Mr. Snapp received thirty new members into the Paris League and in the Spring of 1914, thirty more were added to the roll, and the Paris Chapter became the largest League Chapter in the Kentucky Conference in point of membership, enjoying a total enrollment of one hundred and fifty, with an average attendance at the Sunday night devotional meetings of over one hundred. This Chapter held the Conference Banner for two years.

In 1914, this youthful President was the host of the Fifth Annual Assembly of the Kentucky Conference Epworth League. The Central Methodist of July 2, 1914, said of this assembly, in part: "The Fifth Annual Assembly was decidedly the best ever held in the history of the Conference from every standpoint. Next to the Annual Conference, the Epworth League Assembly is the biggest and most encouraging thing in the Kentucky Conference. The liberality of the Paris people, the untiring interest and courtesy of Mr. Dennis Snapp, the local Chapter President, and the handsome new building, made the place of meeting ideal and the occasion one of profit."

At this Conference, Mr. Snapp was made Secretary of the Frankfort District for the League work.

On Sunday, May 9, 1915, in celebrating the twenty-first anniversary of the Paris League, by a happy coincidence the anniversary was also the twenty-first anniversary of the popular young president, and just before the benediction a messenger hastened down the church aisle with a package for Mr. Snapp, bearing instructions to open at once. When this was done the package was found to contain twenty-one one-dollar bills tied on a circle of yellow and white ribbon, accompanied by clever rhymes. The gift was an expressed appreciation from the members of League and by Mr. Snapp's admiring friends.

The members of the Paris Chapter also have honored Mr. Snapp by having him to represent them at every annual League Conference since its organization in 1910, at Mt. Sterling, Ky.

In June, 1915, Mr. Snapp was elected as the Secretary of the Kentucky Conference Epworth League, and he soon endeared himself to the Kentucky Epworthians throughout the State by his tireless efforts in administering the duties of this office.

In the year 1917 he was unanimously chosen as Conference League President. He is the first layman in the history of the Conference to hold this position, as well as being its youngest executive. He was re-elected in 1918 and was honored by the Conference in being sent to Lake Junaluska, N. C., on a vacation trip with all expenses paid, to attend the Fifth Southern Epworth League Assembly.

In 1915 a City Union of Young Peoples' Societies was organized, which was composed of all the Protestant denominations, and Mr. Snapp was chosen President of this organization. He also holds the distinction of being elected a Steward of the Paris Methodist Church at the tender age of nineteen. Since that time he has served as Secretary of the Board. In 1916 he was elected Secretary of the Frankfort District Conference, and for his efficient services the Resolutions Committee expressed the thanks of the Conference in these words: "To the Secretary, Mr. Dennis Snapp, for his efficient services, and we hereby note with approval and pleasure that a young layman has filled this important office."

As a speaker, Mr. Snapp has made a notable success. The Bourbon News, published at Paris, Ky., said, in its issue of Friday, March 3, 1916, of a speech delivered by Mr. Snapp:

"The address was full of fine thought and brilliant passages, reflecting in a marked degree the intelligence of the speaker, who has made a reputation as an orator. He has youth and a spark of dramatic fire, two essential elements in the make-up of a public speaker, and seems to be in a class by himself as a worker for religious influence among the young people of Paris, and to which he devotes a great deal of his time."

For a number of years he was Secretary and is now Treasurer of the Paris Methodist Sunday School. He also served on the Sunday School Advisory Committee, and is at present a teacher of the young men's class.

On November 1, 1918, Mr. Snapp was tendered by the Sunday Board of the Kentucky Conference, M. E. Church, South, the position of Field Secretary for the Sunday School work of the Conference. After much deliberation Mr. Snapp accepted the position. This is a new field for the Kentucky Conference and a new undertaking, but in the hands of Dennis Snapp it will prove a rich field from which he is thoroughly capable of producing golden grain.

Starting as a "printer's devil" with The Kentuckian-Citizen he has served in every capacity connected with a newspaper and will complete his fifteenth year with this paper on January 1, when he will assume charge of his new work. All his spare time in these years, aside from his work in connection with this paper, has been devoted to study and in church work. His office will be retained in The Kentuckian-Citizen Building, which he will make as his headquarters in the Sunday School work.

Personally Mr. Snapp is a most likeable young man, popular at home and away from home. In his business and social connections he has been remarkably adapted, making friends whose loyalty has never wavered. Modest and unassuming, yet possessed of energy and "go-ahead-ness," he has made his mark and, in the language of one of his friends, "Progress, initiative, business and ability spell the career of Dennis Vincent Snapp."

CHAMBERLAIN'S COUGH REMEDY

Before using this preparation for a cough or cold you may wish to know what it has done for others. Mrs. O. Cook, Macon, Ill., writes, "I have found it gives the quickest relief of any cough remedy I have ever used." Mrs. James A. Knott, Chillicothe, Mo., says "Chamberlain's Cough Remedy cannot be beat for coughs and colds." H. J. Moore, Oval, Pa., says, "I have used Chamberlain's Cough Remedy on several occasions when I was suffering with a settled cold upon the chest and it has always brought about a cure."

(adv-jan)

CAHAL BROS.
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HOT AND COLD BATHS

A Happy
New Year!

To our friends and customers we extend our best wishes for a Happy and Prosperous New Year; and thank you for making the past year the best in our history.

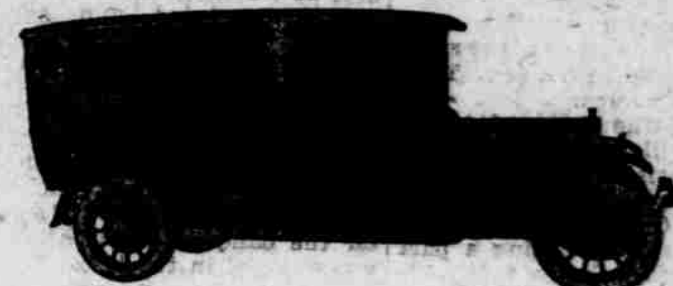
And last, but not least, we extend our sincere thanks and good wishes to our boys who helped make "A world safe for democracy."

Dr. Wm. Riley Franklin

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1918-1919

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OUR BUSINESS WAS NEARLY DOUBLE OF ANY PREVIOUS YEAR, FOR WHICH WE ARE GRATEFUL TO THE GENERAL PUBLIC. WE WISH EVERY CITIZEN OF THIS NEIGHBORHOOD A HAPPY AND PROSPEROUS NEW YEAR.

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